



EXERCISE 3 - SIMPLE BELIEF CHANGE

A belief is only a thought that we keep thinking and it can easily be changed by changing the way we think about something. If you don't believe me think back about when you were a child and you believed in the tooth fairy or Father Christmas. When you discovered that it was in fact your parents, you changed the way you thought about both and created a new belief – they don't exist. This is the same with any belief you may have.

With thanks to John Seymour¹ for this exercise he shared with us on our NLP practitioner course.

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- 1. Identify limiting belief and check that students are 100% happy to change it.** If there is some incongruence, identify what is worrying them and turn it into a positive.
- 2. State current belief in the present tense and write it down**
- 3. State in 'used to believe' tense**
Get the student to imagine the old belief behind them in the distant past.
- 4. What would be more useful to believe instead?**
Invite student to think of two or three options and then get them to choose the best option for them.
- 5. Imagine this new belief is now completely true**
What will be the best thing about this new belief as it becomes increasingly true. As student to imagine the new belief becoming true and how different they would feel.

¹ <http://www.jsnlp.co.uk/>



6. Could this new belief cause any problems?
7. What will be the first thing you see, hear, and feel as this starts to become true?

Belief	I 'used' to statement	2 or 3 options	What would be more useful to believe instead?	Imagine the new belief as completely true
Example: Change takes time	I used to believe that change takes time	I can take a small manageable step every day. Change can happen quickly Change is easy and quick		